

Carlyle

Fast Fridays & Slowdown Sundays

John Carlyle Square Park

300 John Carlyle Street - Alexandria, VA



FREE Outdoor Fitness Series

Fast Fridays:

Get a fast 30-40min full body workout during your lunch break.

Slowdown Sundays:

Slow your mind and body with tranquil, restorative workouts.

“BYOM – Bring Your Own Mat”

June 23 through August 25

FRIDAYS 12-1PM

June 25 through August 27

SUNDAYS 9:30-10:30AM

Guest instructors from **Xtend Barre, Pilates Pro Works, Pure Barre, USPTO Fitness Center** and **Mind the Mat.**

For series schedule, visit www.AlexandriaVA.gov/CarlyleFun
Please refer to the website for any weather related cancellations.